

FRATO'S CLEAN EATS KITCHEN MEAL PREP: 3-2021

Note: No Salt Added to Any Items unless specifically indicated.

*All Items include Seasoning (unless otherwise stated): Turmeric, Black Pepper, Paprika, Celery Seed, Dried Vinegar, Ground Fennel, Ground Ginger, Ground Garlic

Note: All Items are Gluten Free except Pasta & Gyro. Gyro does have a gluten binder in it for the Beef & Lamb therefore it does contain a low amount of Gluten



ALL INFORMATION IS CREATED TO THE BEST OF OUR KNOWLEDGE USING NUTRITION DATA FROM THE DATE LISTED ON THE FIRST LINE. IF YOU NOTICE ANY DISCREPANCIES, PLEASE ADVISE A CHEF OR EMAIL US. IF YOU HAVE ANY ALLERGIES, PLEASE MAKE IT KNOWN TO US SO WE AVOID ANY CROSS CONTAMINATION POSSIBILITIES

PROTEIN CHOICE	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G	Carb – G	Fiber – G	Sodium – MG	Sugar – G or Sugar Alcohol – G	Protein – G	Net Carbs	Note
2 Banana Protein Pancakes	K V P GF	100 Cal	2.6 Fat	8.6 Carb	0.8 Fiber	331.5 Sodium	3.6 Sugar	10.8 Protein	7.8	Uses Stevia
5 oz Fajita Chicken	K W P GF	186 Cal	4.25 Fat	2.81 Carb	1.5 Fiber	848 Sodium	0.2 Sugar	35.6 Protein	1.31	
5 oz Sweet & Sour Chicken	W P GF	400 Cal	5 Fat	50 Carb	3 Fiber	912 Sodium	24 Sugar	35 Protein	47	Natural Sugar from Pineapple, Coconut and Tomato Only. Uses Arrowroot Starch.
5 oz Grilled Seasoned Chicken Breast	K W P GF	173 Cal	3.75 Fat	0 Carb	0 Fiber	183 Sodium	0 Sugar	35 Protein	0	
4 oz Grilled Seasoned Salmon Strips	K W P GF	170 Cal	9 Fat	2 Carb	0 Fiber	330 Sodium	0 Sugar	20 Protein	2	
5.33 oz Grilled Seasoned Turkey Strips	K W P GF	280 Cal	20 Fat	0 Carb	0 Fiber	340 Sodium	0 Sugar	25 Protein	0	
4.5 oz Meatless Grilled Seasoned Eggplant	K V V2 W P GF	47 Cal	2 Fat	7.2 Carb	3.6 Fiber	0.27 Sodium	3.6 Sugar	0.13 Protein	3.6	
4 oz Diced Rosemary Prime Rib	K W P GF	330 Cal	29 Fat	0 Carb	0 Fiber	290 Sodium	0 Sugar	17 Protein	0	Eat Within 3 Days of Ordering
4 oz Grilled Ground Beef	K W P GF	250 Cal	20 Fat	0 Carb	0 Fiber	66 Sodium	0 Sugar	17.2 Protein	0	
5 oz Grilled Turmeric Chicken	K W P GF	188 Cal	3.75 Fat	3 Carb	2 Fiber	183 Sodium	0 Sugar	35.5 Protein	1	
4 oz Beef & Lamb Gyro	K W P	334 Cal	26 Fat	8 Carb	1.25 Fiber	900 Sodium	0 Sugar	17 Protein	6.75	
2 Scrambled Eggs	K V W P GF	190 Cal	10 Fat	1 Carb	0 Fiber	124 Sodium	1 Sugar	24 Protein	1	
2 Scrambled Eggs with Cauliflower	K V W P GF	206 Cal	10 Fat	5 Carb	2 Fiber	149 Sodium	2.5 Sugar	24 Protein	3	
2 Scrambled Eggs with Broccoli	K V W P GF	224 Cal	10 Fat	7 Carb	2.4 Fiber	54 Sodium	2.5 Sugar	26.6 Protein	4.6	
4 oz Smoked Canadian Ham	K W P GF	244 Cal	10 Fat	3.5 Carb	0 Fiber	200 Sodium	2 Sugar	33 Protein	3.5	
2 Scrambled Egg Whites	K V W P GF	65 Cal	0.3 Fat	3 Carb	0 Fiber	180 Sodium	3 Sugar	12.5 Protein	3	
2 Scrambled Egg Whites with Cauliflower	K V W P GF	90 Cal	0.5 Fat	7 Carb	2 Fiber	196 Sodium	5 Sugar	14.5 Protein	5	
2 Scrambled Egg Whites with Broccoli	K V W P GF	90 Cal	0.7 Fat	7 Carb	1.5 Fiber	196 Sodium	4 Sugar	14 Protein	5.5	
5 oz Grilled Chicken Breast tossed in Buffalo Mild Sauce	K W P GF	140 Cal	0 Fat	0 Carb	0 Fiber	523 Sodium	0 Sugar	35 Protein	0	
4 oz Grilled Mahi Mahi Fish coated in Olive Oil	K W P GF	218 Cal	14 Fat	1 Carb	0 Fiber	70 Sodium	0 Sugar	22 Protein	1	
5 oz Grilled Chicken Breast tossed in Sugar-Free BBQ Sauce	K GF	195 Cal	3.75 Fat	4.5 Carb	1 Fiber	183 Sodium	3 Sugar Alcohol	36 Protein	0.5	Uses Erythritol as a Sugar Replacement
5 oz Tofu	K V V2	75 Cal	3.4 Fat	1.7 Carb	1.7 Fiber	0 Sodium	0 Sugar	6.7 Protein	0	
8 oz Lentils	V V2 GF	192 Cal	0 Fat	34.8 Carb	6 Fiber	6 Sodium	0 Sugar	13.2 Protein	28.8	
5 oz Black Beans	V V2 GF	137.5 Cal	0 Fat	26.25 Carb	11.25 Fiber	512.5 Sodium	1.25 Sugar	8.75 Protein	15	
5 oz Pinto Beans	V V2 GF	137.5 Cal	0 Fat	23.75 Carb	10 Fiber	512.5 Sodium	1.25 Sugar	8.75 Protein	13.75	
5 oz Garbanzo Beans	V V2 GF	150 Cal	0 Fat	23.75 Carb	7.5 Fiber	550 Sodium	1.25 Sugar	7.5 Protein	16.25	

VEGETABLE/FRUIT CHOICE:	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G	Carb – G	Fiber – G	Sodium – MG	Sugar – G or Sugar Alcohol – G	Protein – G	Net Carbs	Note
5 oz Sautéed Seasoned White Mushroom	K V V2 W P GF	35 Cal	0.5 Fat	4 Carb	1.2 Fiber	6 Sodium	2.4 Sugar	3.7 Protein	2.8	
5 oz Garlic Crimini Seasoned Mushrooms	K V V2 X P GF	45 Cal	2 Fat	7 Carb	1.5 Fiber	45.7 Sodium	2.5 Sugar	3.5 Protein	5.5	
8 oz Sautéed Seasoned Baby Spinach	K V V2 W P GF	64 Cal	1 Fat	8.3 Carb	5 Fiber	160 Sodium	1 Sugar	6.5 Protein	3.3	
8 oz Sautéed Red Pepper (spicy) Baby Spinach	K V V2 W P GF	80 Cal	2 Fat	11.2 Carb	5 Fiber	160 Sodium	1 Sugar	7.4 Protein	6.2	
5 oz Grilled Caramelized Sweet Onions	K V V2 W P GF	55 Cal	0 Fat	13 Carb	2.5 Fiber	5 Sodium	6 Sugar	1.5 Protein	10.5	
5 oz Sautéed Italian Herb Onion with Rosemary, Onion and Parsley Seasoning	K V V2 W P GF	70 Cal	0 Fat	16.2 Carb	2.5 Fiber	10.6 Sodium	9 Sugar	1.5 Protein	13.7	
4.5 oz Meatless Grilled Seasoned Eggplant	K V V2 W P GF	47 Cal	2 Fat	7.2 Carb	3.6 Fiber	0.27 Sodium	3.6 Sugar	0.13 Protein	3.6	
3 oz Farm Fresh Blueberry	K V V2 W P GF	57 Cal	0.3 Fat	14 Carb	2.4 Fiber	0 Sodium	10 Sugar	0.7 Protein	11.6	
3 oz Steamed Broccoli & 2 oz Carrots	K V V2 W P GF	54 Cal	0.48 Fat	11.44 Carb	4.5 Fiber	63 Sodium	3.8 Sugar	2.56 Protein	6.94	
2 oz Grilled Onion & 3 oz Grilled Sweet Peppers	K V V2 W P GF	43 Cal	0 Fat	9.7 Carb	2.5 Fiber	5.5 Sodium	4.65 Sugar	1.2 Protein	7.2	
4 oz Diced Tomato	K V V2 W P GF	20 Cal	0 Fat	4.4 Carb	1.2 Fiber	6 Sodium	2.8 Sugar	1.2 Protein	3.2	
6 oz Grilled Idaho Black Pepper Potato Wedges	V V2 W P GF	159.6 Cal	0.25 Fat	36 Carb	4.2 Fiber	12 Sodium	1.86 Sugar	4.2 Protein	31.8	
6 oz Sautéed Extra Virgin Olive Oil Potato Wedges	V V2 W P GF	278.9 Cal	14.25 Fat	36 Carb	4.2 Fiber	12 Sodium	1.86 Sugar	4.2 Protein	31.8	
8 oz Sweet Peppers	K V V2 W P GF	50 Cal	0 Fat	12 Carb	4 Fiber	5.5 Sodium	6 Sugar	1.5 Protein	8	
5 oz Steamed Carrots	K V V2 W P GF	60 Cal	0.3 Fat	13.6 Carb	4 Fiber	84 Sodium	6.5 Sugar	1.3 Protein	9.6	
5 oz Grilled Zucchini	K V V2 W P GF	25 Cal	0.5 Fat	5 Carb	1.5 Fiber	14 Sodium	3.5 Sugar	1.3 Protein	3.5	
5 oz Steamed Broccoli	K V V2 W P GF	50 Cal	0.6 Fat	10 Carb	4.7 Fiber	49 Sodium	2 Sugar	3.4 Protein	5.3	
6 oz Sautéed Olive Oil Sweet Potatoes	V V2 W P GF	268 Cal	14 Fat	34.6 Carb	5.2 Fiber	94.6 Sodium	7.2 Sugar	2.6 Protein	29.4	
6 oz Grilled Sweet Potatoes	V V2 W P GF	149 Cal	0.1 Fat	34.6 Carb	5.2 Fiber	94.6 Sodium	7.2 Sugar	2.6 Protein	29.4	
8 oz Lentils	V V2 GF	192 Cal	0 Fat	34.8 Carb	6 Fiber	6 Sodium	0 Sugar	13.2 Protein	28.8	
5 oz Black Beans	V V2 GF	137.5 Cal	0 Fat	26.25 Carb	11.25 Fiber	512.5 Sodium	1.25 Sugar	8.75 Protein	15	
5 oz Pinto Beans	V V2 GF	137.5 Cal	0 Fat	23.75 Carb	10 Fiber	512.5 Sodium	1.25 Sugar	8.75 Protein	13.75	
5 oz Garbanzo Beans	V V2 GF	150 Cal	0 Fat	23.75 Carb	7.5 Fiber	550 Sodium	1.25 Sugar	7.5 Protein	16.25	
5 oz Green Beans	V V2 GF	25 Cal	0 Fat	5 Carb	2.5 Fiber	362.5 Sodium	2.5 Sugar	1.25 Protein	2.5	
5 oz Sweet Corn	V V2 GF	87.5 Cal	1.25 Fat	21.25 Carb	2.5 Fiber	375 Sodium	7.5 Sugar	2.5 Protein	18.75	
5 oz Sweet Peas	V V2 W GF	87.5 Cal	0.625 Fat	15 Carb	3.75 Fiber	375 Sodium	7.5 Sugar	5 Protein	11.25	

FLEX CHOICE	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G	Carb – G	Fiber – G	Sodium – MG	Sugar – G or Sugar Alcohol – G	Protein – G	Net Carbs	Note	
4 oz Side Garden Salad (Iceberg, Cucumber, Tomato, no dressing)	K V V2 W P GF	30	Cal 0.5 Fat	4.8 Carb	2.7 Fiber	4.8 Sodium	1 Sugar	1.6 Protein	2.1		
4 oz Italian Herb Penne Pasta (contains Gluten)	V V2	220	Cal 8.5 Fat	30 Carb	3 Fiber	200 Sodium	2 Sugar	6 Protein	27		
5 oz Brown Rice	V V2 GF	165	Cal 1.5 Fat	33 Carb	2.5 Fiber	7 Sodium	0.5 Sugar	5 Protein	30.5		
5 oz Spanish Rice	V V2 GF	230	Cal 2 Fat	46 Carb	2 Fiber	28 Sodium	0.5 Sugar	7.2 Protein	44		
2 Scrambled Eggs	K V W P GF	190	Cal 10 Fat	1 Carb	0 Fiber	124 Sodium	1 Sugar	24 Protein	1		
2 Scrambled Eggs with Cauliflower	K V W P GF	206	Cal 10 Fat	5 Carb	2 Fiber	149 Sodium	2.5 Sugar	24 Protein	3		
2 Scrambled Eggs with Broccoli	K V W P GF	224	Cal 10 Fat	7 Carb	2.4 Fiber	54 Sodium	2.5 Sugar	26.6 Protein	4.6		
3 oz Steamed Broccoli & 2 oz Carrots	K V V2 W P GF	54	Cal 0.48 Fat	11.44 Carb	4.5 Fiber	63 Sodium	3.8 Sugar	2.56 Protein	6.94		
2 Scrambled Egg Whites	K V W P GF	65	Cal 0.3 Fat	3 Carb	0 Fiber	180 Sodium	3 Sugar	12.5 Protein	3		
2 Scrambled Egg Whites with Cauliflower	K V W P GF	90	Cal 0.5 Fat	7 Carb	2 Fiber	196 Sodium	5 Sugar	14.5 Protein	5		
2 Scrambled Egg Whites with Broccoli	K V W P GF	90	Cal 0.7 Fat	7 Carb	1.5 Fiber	196 Sodium	4 Sugar	14 Protein	5.5		
4 oz Side Caesar Salad (Romaine, Parm, Tomato, no Dressing) (Keto) (IF AN ITEM IS MISSING, IT SHOULD BE IN THE PROTEIN OR VEGETABLE SECTIONS ABOVE)	K GF	64	Cal 3.5 Fat	6 Carb	2 Fiber	100 Sodium	3 Sugar	2.2 Protein	4		
1 SIDE SAUCE CHOICE:	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G	Carb – G	Fiber – G	Sodium – MG	Sugar – G or Sugar Alcohol – G	Protein – G	Net Carbs	Note	
Keto LAKANTO Maple Syrup (for Pancakes)	K V V2 W P GF	50	Cal 0 Fat	14 Carb	12 Fiber	180 Sodium	0 Sugar Alcohol	0 Protein	2	Uses Monk Fruit and Tapioca Fiber	
Buffalo Sauce (spicy) (Keto)	K V V2 W P GF	0	Cal 0 Fat	0 Carb	0 Fiber	300 Sodium	0 Sugar	0 Protein	0		
Low Fat Italian Dressing	K V V2 W P GF	25	Cal 1.5 Fat	3 Carb	0 Fiber	440 Sodium	2 Sugar	0 Protein	3		
Low Carb Honey Dijon Mustard	K V V2 W P GF	45	Cal 1.5 Fat	5.8 Carb	0 Fiber	60 Sodium	4 Sugar	1 Protein	5.8		
Lemon Juice (Keto)	K V V2 W P GF	0	Cal 0 Fat	0 Carb	0 Fiber	0 Sodium	0 Sugar	0 Protein	0		
Roasted Garlic Balsamic Vinegar Steak Sauce	K V V2 W P GF	56	Cal 1.4 Fat	10.8 Carb	0 Fiber	16 Sodium	8 Sugar	0.4 Protein	10.8		
Greek Tzatziki	K V V2 GF	103	Cal 7 Fat	6 Carb	2 Fiber	220 Sodium	2 Sugar	4 Protein	4		
Yellow Mustard (Keto)	K V V2 W P GF	33	Cal 1.5 Fat	3 Carb	2 Fiber	400 Sodium	0 Sugar	2 Protein	1		
Homemade Blue Cheese Dressing (Keto)	K V GF	350	Cal 32.8 Fat	4 Carb	0 Fiber	600 Sodium	5 Sugar	9 Protein	4		
Sugar-Free BBQ Sauce (Keto)	K V V2 GF	33	Cal 0 Fat	6.75 Carb	1.5 Fiber	300 Sodium	4.5 Sugar Alcohol	1.5 Protein	3.75	No Sugar Added, Erythritol Used	
Caesar Dressing	K V V2 GF	260	Cal 26 Fat	4 Carb	0 Fiber	400 Sodium	1.7 Sugar	2 Protein	4		
Homemade Marinara Sauce (California Vine-Ripened Tomatoes)	K V W P GF	16.25	Cal 0.47 Fat	2.5 Carb	0.58 Fiber	9.5 Sodium	1.75 Sugar	0 Protein	1.92		
Homemade Salsa Verde (Hot)	K V V2 W P GF	16.25	Cal 0.75 Fat	3.4 Carb	1.15 Fiber	0.75 Sodium	2 Sugar	0.48 Protein	2.25		
Sour Cream	K V GF	120	Cal 10 Fat	4 Carb	0 Fiber	60 Sodium	2 Sugar	2 Protein	4		
Sweet & Sour Sauce	V V2 W P GF	96	Cal 0.02 Fat	14.96 Carb	1.3 Fiber	480 Sodium	4.36 Sugar	0.42 Protein	13.66	Natural Sugar from Pineapple, Coconut and Tomato Only.	
OPTIONAL: DESSERTS	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G	Carb – G	Fiber – G	Sodium – MG	Sugar – G or Sugar Alcohol – G	Protein – G	Net Carbs	Note	
Keto Cheesecake Slice	K V GF	316	Cal 30 Fat	5 Carb	1.25 Fiber	47 Sodium	2.45 Sugar	7.33 Protein	3.75	Uses Erythritol as a Sugar Replacement, already removed from calculation	
1 Peanut Butter Fat Bomb	K V V2 GF	91	Cal 7.5 Fat	4.67 Carb	2.38 Fiber	39.6 Sodium	0.88 Sugar	3.75 Protein	2.29		
Keto Lemon Bar	K V GF	179	Cal 16.4 Fat	3.3 Carb	1 Fiber	41.58 Sodium	1.1 Sugar	4 Protein	2.3	Uses Erythritol as a Sugar Replacement, already removed from calculation	
Grilled Fruit	V V2 W P GF		COMING SOON							0	
Yogurt	GF		COMING SOON							0	
OPTIONAL: KETO PIZZA	KETO(K) VEGETARIAN(V) VEGAN(V2) WHOLE30(W) PALEO(P) GLUTEN FREE(GF)	Calories	Fat – G	Carb – G	Fiber – G	Sodium – MG	Sugar – G or Sugar Alcohol – G	Protein – G	Net Carbs	Note	
10" Keto Crust (uncooked) (BAKE 10-12 MINUTES AT 425 DEGREES)	K V GF	210	Cal 3 Fat	7 Carb	4 Fiber	190 Sodium	2 Sugar	26 Protein	0		